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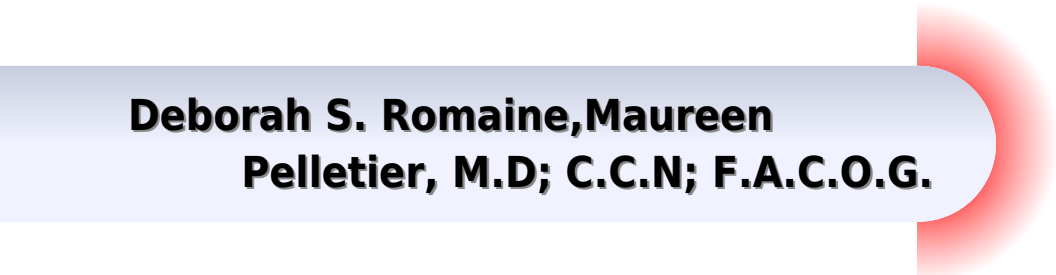


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**Deborah S. Romaine, Maureen
Pelletier, M.D; C.C.N; F.A.C.O.G.**



The Baby Boomers Guide To Menopause:

The Complete Idiot's Guide to Menopause Deborah S. Romaine, Maureen Pelletier, M.D; C.C.N; F.A.C.O.G., 2000-10-12 This guide for women in their late thirties to late fifties is meant to demystify the menopause condition symptoms remedies side effects and emotional impact The information about remedies includes both traditional and alternative treatments The author stresses the benefits of good nutrition and fitness **Baby Boomers' Guide to Healthy Eating** Barbara L. Bobo, 2006-01-26 Don't change who you are make better food choices for the long haul Discover your food habits conscious and sub conscious ones to slim down to a weight that is normal for you *The Savvy Woman's Guide to Menopause* Julia Schlam Edelman, 2025-10-14 A practical guide to mastering menopause before during and beyond the change and thriving through the transition The Savvy Woman's Guide to Menopause is the definitive guide to navigating the physical mental and emotional changes associated with menopause With over 30 years of experience as a gynecologist and menopause clinician Dr Julia Edelman provides evidence based advice for managing symptoms and preventive health strategies through a variety of approaches including lifestyle adjustments hormonal and non hormonal treatments and alternative remedies This book empowers readers to understand the latest information about optimizing their health in midlife and beyond by addressing critical topics like cancer prevention and the impact of cultural medical and demographic factors on women's health as they relate to perimenopause menopause and postmenopause This guide features Practical strategies for managing hot flashes sleep disturbances mood changes memory challenges and other common menopause symptoms Comprehensive insights into hormonal and non hormonal treatments alternative remedies and precision medicine for personalized care Guidance on lifestyle choices and medical strategies to reduce the risk of cancer cardiovascular issues osteoporosis and diabetes Exploration of how age sex race and sexual orientation influence menopause experiences and treatment options Whether you're seeking relief from symptoms or looking to optimize your health during menopause and beyond this book offers insightful and compassionate guidance tailored to your unique journey **What They Don't Tell You About Menopause: A Gynecologist's Unofficial Guide to Premenopausal, Perimenopausal and Postmenopausal Life Revised 2nd Edition** Dr. Heather L. Johnson, 2025-03-11 Going through menopause is a natural part of aging but that doesn't mean it's easy Lack of supportive up to date information and often unrealistic expectations can make it difficult for women to grasp that aging is both a normal and a natural part of life With more than 45 years of experience as an obstetrician and a gynecologist OB GYN Dr Heather Johnson is equipped with the knowledge to help women of all ages mature gracefully In this second edition of What They Don't Tell You About Menopause with updated medical information healthcare trends and new additional resources information as well as a few more anecdotes Dr Johnson discusses the various stages of menopause and what to expect throughout this natural aspect of life From perimenopause to postmenopause and everything in between this book offers practical fact based information that will be your guide through

this daunting period of womanhood **What They Don't Tell You About Menopause: A Gynecologist's Unofficial Guide to Premenopausal, Perimenopausal and Postmenopausal Life** Dr. Heather L. Johnson, 2020-11-13 Women have always struggled with the idea of how much better life would be if they had a better body a better exercise routine a better life This can make it difficult for women to grasp that aging is both a normal and natural part of life With over 40 years of experience working as an obstetrician gynecologist OBGYN Dr Heather Johnson is equipped with the knowledge to help women of all ages mature gracefully In What They Don t Tell You About Menopause Dr Johnson discusses the various stages of menopause and what to expect throughout this natural aspect of life for women From perimenopause to postmenopause and everything in between this book will be your guide through this daunting period of womanhood **The Woman's**

Guide to Hysterectomy Adelaide Haas, Susan L. Poretz, 2013-06-26 Hysterectomy is performed more than any other surgical procedure for women with the exception of the cesarean section Authors Adelaide Haas and Susan L Poretz both professors in the field of health have experienced hysterectomy firsthand Dismayed by the limited information available to them they collaborated on this comprehensive book about a critically important subject for women THE WOMAN S GUIDE TO HYSTERECTOMY addresses common fears expectations and questions regarding such issues as what to ask your doctor second opinions preparations for surgery sex and sexuality after surgery and life after hysterectomy Encouraging all women to become more actively involved in their own health care this book is a practical catalog of the latest medical information and provides much needed reassurance for women faced with this life altering decision Thoroughly revised to include the latest research and developments including new treatment options and alternatives to HRT hormone replacement therapy Original edition sold 10 000 copies **The New Harvard Guide to Women's Health** Karen J. Carlson M.D., Stephanie A. Eisenstat M.D., Terra Ziporyn Ph.D., 2004-04-06 This exhaustive resource offers information on everything from adolescent acne to menopause in the belief that better informed women can have better partnerships with their physicians Be Your Own Change Guru: The Ultimate Women's Guide for Thriving at Midlife Susan Paget, 2014-01-13 When Susan Paget was 47 years old she realized that even though she was reasonably healthy had a happy family life and a career as a television producer something wasn't right Unable to sleep having panic attacks and all around feeling lousy her own doctors weren't able to get to the bottom of what was going on It took watching a daytime talk show for Susan to work out that she was smack in the middle of perimenopause the lead up to menopause Susan soon discovered a strange code of silence around this natural process and took off on a mission to discover what was happening how to take charge and feel good during this key time of life Be Your Own Change Guru The Ultimate Women s Guide For Thriving At Midlife is a step by step guide for making change specifically for women over 40 The book addresses common midlife challenges including relationship issues career transition body image finding life purpose and facing empty nest and fertility issues while at the same time weaving Susan s personal journey throughout **The Women's Concise Guide to Emotional Well-Being** Karen J.

Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 1997-09-25 Profiles current research on women's emotional health while offering advice about preventing recognizing and treating the particular psychological disturbances and disorders that affect women

The Contemporary Woman's Guide to Midlife Carla Herrera, 2005-03 The Contemporary Woman's Guide to Midlife is an autobiographical tour through midlife The author takes the reader through her transformation in early midlife and allows a brief but intimate glimpse of one woman's perspective on the process Essay topics include the empty nest menopause values and relationships A must read for anyone approaching or knowing someone who is approaching midlife or major life transitions

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